

## **MotherWit Birth Doula Certification Requirements 2020**

### **How to Become a MotherWit Certified Birth Doula**

- **Attend a 4 day intensive MotherWit Holistic Birth Doula Training Workshop.**
- **Fulfill the MotherWit Doula certification requirements**
- **Congratulations! You are now a MotherWit Certified Birth Doula**

### **Prerequisite**

**If you know very little about the birth process, it is highly recommended you read The Birth Partner Fifth Edition: A Complete Guide to Childbirth for Dads, Partners, Doulas, and All Other Labour Companions by Penny Simkin before the commencement of your training. This will furnish you with the basic knowledge you need to get the most out of the class.**

### **Certification Requirements**

- **TWO (2) business oriented assignments (will be given during the CORE workshop with suggested deadlines**
- **Read all of the books on the required reading list.**
- **Give a brief write up of 250 to 500 words on each of the books (except for the MotherWit Doula Training Manual). Include the following: a summary of the book, the points that stood out to you the most, whether you liked it or not and why. whether or not you'd recommend this book to your clients. If you have issues with writing, we will find other ways for you to integrate the material.**
- **Attend a hospital or clinic based childbirth education class. If this option is not available to you, you may take the BabyCenter online course. The point of this requirement is to understand what most people are being taught about birth. You are responsible for the cost of this class. Documentation is required as proof of your attendance, as well as a 250- 500 word essay comparing and contrasting this approach to client education you have learned in doula training**

- **CPR Standard CPR/AED Level C**
- **Attend a series of 4 La Leche League meetings (one meeting per month over 4 consecutive months), OR 4 meetings with a local breastfeeding education/support organization**
- **Breastfeeding Essentials Course <http://step2education.com/es01-breastfeeding-essentials.html> If you have already completed any WHO/UNICEF approved breastfeeding training within the last five years or if you are already a breastfeeding educator, or a current La Leche League Leader or equivalent, etc. you are exempt, but must provide supporting documentation. You are responsible for any costs.**
- **Attend FOUR (4) births and provide a write-up of how the prenatal meetings, birth, postpartum meeting/s unfolded, providing insights, concerns, questions and personal recognition of areas of strength/need for development AND an evaluation from one of the parents. Evaluation forms will be available online. Shadowing an experienced MotherWit trained doula for at least one of your four certifying births is HIGHLY recommended wherever possible. The apprentice/mentor relationship provides the richest of learning opportunities. Single Birth Apprenticeships are available from MotherWit Mentors in certain cities for an additional cost.**
- **A research project on a topic relevant to doulas, approved by the trainer, being either: a research paper of a minimum of 1000 words, citing at least four resources OR a video presentation/demonstration of about 15 minutes long. (examples: a presentation/explanation of herbs you've tinctured, or lecture/demonstration regarding relaxation meditation for labour coping)**
- **FINAL EXAM!**

**When ALL the above requirements are met, you will be given a final online open book exam. Your readiness to qualify as as MotherWit Certified Birth Doula will be evaluated, and if you have completed everything satisfactorily, you will receive your certificate.**

After completing the CORE workshop you have ONE year to complete your birth doula certification. If you do not finish within one year from the date you completed your initial training workshop, you will be charged a \$100 fee at the time you do certify. If you do not certify within THREE years from the date you completed your training workshop, you must take the workshop again if you wish to certify.

Continuing education is important to updating and expanding your professional skills as a doula. We recommend that you attain 6-10 hours minimum of continuing education yearly to broaden, deepen, and freshen up your skill set. These can be offerings that move you and do not have to be “approved” by MotherWit as valid and worthy workshops.

## **Postpartum Required Reading List 2020**

- **The MotherWit CORE Birth Doula Training Guide** by Lesley Everest
- **Reproductive Justice: An Introduction** by Loretta Ross and Rickie Solinger
- **The Birth Partner Fifth Edition: A Complete Guide to Childbirth for Dads, Partners, Doulas, and All Other Labour Companions** by Penny Simkin
- **Babies are not Pizzas: They're Born, not Delivered** by Rebecca Dekker
- **Ina May's Guide to Childbirth** by Ina May Gaskin
- **Transformed by Birth: Cultivating Openness, Resilience, and Strength for the Life-Changing Journey from Pregnancy to Parenthood** by Britta Bushnell
- **The Natural Pregnancy Book** by Aviva Romm
- **The Fourth Trimester Companion: How to Take Care of your Body, Mind and Family as you Welcome your New Baby** by Cynthia Gabriel
- **Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers** by Nancy Mohrbacher and Kathleen Kendall-Tackett
- **Trauma Stewardship** by Laura Van Dernoot Lipsky

## Recommended Reading List

The following are reference books that should become part of your personal library as the need arises (not required reading for certification but recommended reading):

- **Optimal Care in Childbirth** by Hency Goer and Amy Romano
- **The Premature Baby Book** by William, Robert and James Sears
- **Birthing Normally After a Cesarean or Two** by Helene Vadeboncoeur
- **When You're Expecting Twins, Triplets, or Quads** by Barbara Luke and Tamara Eberlein
- **This Isn't What I Expected: Overcoming Postpartum Depression** by Karen R. Kleiman and Valerie Davis Raskin
- **Traumatic Birth** by Cheryl Tatano Beck, Jean Driscoll, and Sue Watson
- **When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women** by Penny Simkin and Phyllis Klaus
- **Pregnant Butch: Nine Long Months Spent in Drag** by A. K. Summers
- **Companioning at a Time of Perinatal Loss : A Guide for Nurses, Physicians, Social Workers, Chaplains, and Other Bedside Caregivers** by Heustis, Jenkins, Wolfelt